

Elk Point REVIEW

Bringing You the News since 1984

Tuesday, November 8, 2011

Vol. 31 No. 45 • \$1 (GST incl.)

TOPS king
Wins the losing battle

Page 3

**Early
Deadline**

Due to Friday's
Remembrance Day
holiday, deadline for
advertising will be
4 p.m. Wed., Nov 9.



We will remember them...

**Remembrance
Day**

...Pages 7-9



Vicki Brooker photo

Incoming!

The St. Paul Atom Canadiens' goaltender dives after an incoming puck during Saturday afternoon's contest against the Elk Point Atom Avalanche at the A. G. Ross Arena. The minor hockey season is now in full swing, with all five Elk Point teams seeing action this weekend. Full coverage starts on Page 10.

Extravaganza progressing slowly

By VICKI BROOKER
Review Staff

With just two and a half weeks to go, planning for the Elk Point Chamber of Commerce Christmas Extravaganza is progressing slowly but steadily toward completion.

Both the tractor-drawn wagon rides and the fireworks finale have been confirmed, and town council gave the go-ahead to plans to close two blocks of Main Street for the evening and to once again provide the bonfire ring.

Two schools are now on board with added attractions for the evening.

F. G. Miller High School's craft and trade show and book fair has been a part of the Extravaganza lineup for a number of years, but this year has expanded its efforts to

include providing a venue for the Photos with Santa and to host an indoor petting zoo. Clifford the Big Red Dog is slated to be in attendance, as is a clown who creates balloon animals. FGM is also holding a colouring contest this year.

Elk Point Outreach School is also getting on board, with events at two venues. The school is offering a "creative kid-sitting" service, complete with movies and crafts, throughout the evening, according to the school staff. They urge parents of babies under two to call ahead to ensure they can be accommodated. The second EPOS venue is the Elk Point Curling Club, where they plan to coordinate their first-ever Turkey Toss. "If you hit the turkey target, you'll win a voucher for a turkey, and if you miss, at least you will get a free hot chocolate!"

Sponsorship slow in arriving

The chamber executive is more vigilant than ever at checking their mailbox, in hopes of finding more funds to put toward the cost of Extravaganza.

Sponsorship donations are coming in very slowly, with only 12 donors on the list at press time, and less than one-fifth of last year's budget received to date. Organizers have sent out a reminder, and hope that a number of additional sponsors will get on board in time to include their names in the Extravaganza flyer when it goes to press later this week.

Despite the slow start, the organizers are confident that all the plans will come together in the next two weeks to provide a festive and enjoyable evening to once again kick off the Christmas season.

AFFORDABLE ACREAGES

20 acre parcel with 1728 sq. ft. ranch-style walk-out built in 2000, strawbale insulation, ceramic and hardwood floor, pasture, very private and secluded, scenic panoramic view, 10 minute drive to Elk Point.
MLS# 0033974106 \$319,000

Located only 2 km east of Elk Point, this 4 acre parcel features 1978 mobile home, large family room and porch additions, custom-built cabinetry, fireplace & more. Features a 2 car garage plus workshop with radiant heat. Well-landscaped.
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REMINDER

from **Melanie McRae**

FOR THOSE ATTENDING
THE **AVON 25TH**
ANNIVERSARY

Sunday, November 13th

LUNCHEON ONLY 11:30 - 1:30 P.M.

OPEN HOUSE 1:30 - 3:30 P.M.

ELK POINT SENIOR CENTRE

Servus
supports
United
Way



Vicki Brooker photos

Vermilion-area resident Graham Odden accepted a big cheque for \$750 from the Elk Point Servus Credit Union staff last week after his name was drawn in the branch's 50-50 fundraiser draw.

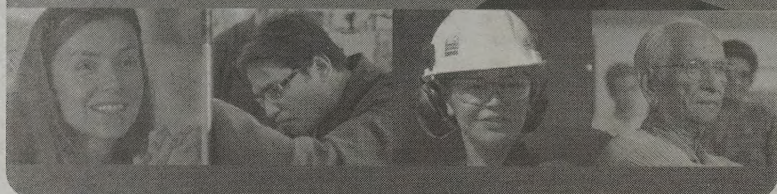


Servus Credit Union Elk Point branch manager Pauline Kotowich and United Way representative Lorrie O'Reilly have \$750 from the 50-50 fundraiser to contribute to the 2011 United Way/Sign of Hope campaign. Branch employees also paid for the opportunity to wear jeans and sold chocolates, for a grand total donation of \$1,010, their best year ever, according to Kotowich. The campaign, which is carried out by all credit unions, started Sept. 26 and ended with the last 'jeans day' on Nov. 4. Elk Point is part of the new Lakeland United Way and Catholic Social Services region, and was previously part of the Lloydminster region. Helping out the less fortunate is an ongoing tradition for the branch, with their next volunteer efforts going toward

the St. Paul and Community Benefit Dance held each New Year's to raise funds for families needing assistance. The Servus crew will be selling hot dogs in their lobby during Christmas Extravaganza evening, Nov. 25, to support the cause. Last year's Benefit Dance raised over \$9,000 to help those in need.

Alberta

Tell us what
MATTERS



BUDGET DIALOGUE

A provincial budget is a lot like a personal budget – you need to know what you have for income and expenses, and you need to identify your spending and saving priorities.

As we work to develop Alberta's 2012 budget, we want to know what matters most to you as a taxpayer and an Albertan.

Visit Alberta.ca to complete a short online questionnaire, or call **310-4455** and give us your answers directly.

Government
of Alberta

Early Childhood Fair

Do you have a child under 5 years?

Give your child the best start!

Find out if your child is on track with development

November 15, 2011 – 3:00 p.m. - 6:30 p.m.

November 16, 2011 – 9:00 a.m. - 1:00 p.m.

at St. Paul Elementary Community School
4520 – 48 Avenue, St. Paul

Call Parent Link to register

645-1117

Drop-ins also welcome

This is a joint initiative:

Alberta Health Services FCSS Parent Link Centre
St. Paul Education R.D. No. 1 Franco-accueil Community Resources

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THE CLASSIFIEDS
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Weight-loss king shares his secrets

By VICKI BROOKER
Review Staff

Alberta's TOPS (Take Off Pounds Sensibly) weight loss king Ken Ralstin credits his 82.5-pound loss to eating six small meals a day and to the encouragement he received from fellow members in the organization.

Ralstin visited the Elk Point TOPS meeting last Tuesday, and had a message of hope for others who are on who are contemplating a weight loss journey.

His own journey started two and a half years ago when, weighing close to 360 pounds, he collapsed just days before he was to leave for Mexico for his daughter's wedding. Determined to attend that very special event, "I lost a few pounds on my own, and the doctor gave me clearance to go. When I got back, I decided I needed more help. My mother was in TOPS, so I joined that."

Ralstin found the process to be "a

lifestyle change. You learn to care about you; you feel better and begin to see life on a more positive note. The encouragement gives me the desire to keep going." From working nights and eating "one meal plus junk food," he has switched to daytime employment, including driving a school bus, and eats breakfast before he leaves with the bus, a snack when he gets back, a light lunch, another snack before his afternoon bus run, a light supper and an evening snack, and exercises on an elliptical trainer. "For me, it works OK."

The somewhat bulky man told his audience weight loss is "like undressing," as he shed an oversize shirt, jacket, vest and heavy jeans, and emerged much slimmer, adding his TOPS sash and crown to his attire. "The big pounds come off first, like a heavy coat, and then slower, until it's like taking off a ring." He noted that even his feet and his fingers have gotten smaller during the process.

"It doesn't always show on the outside, but you start to feel good about yourself, and the positive energy increases."

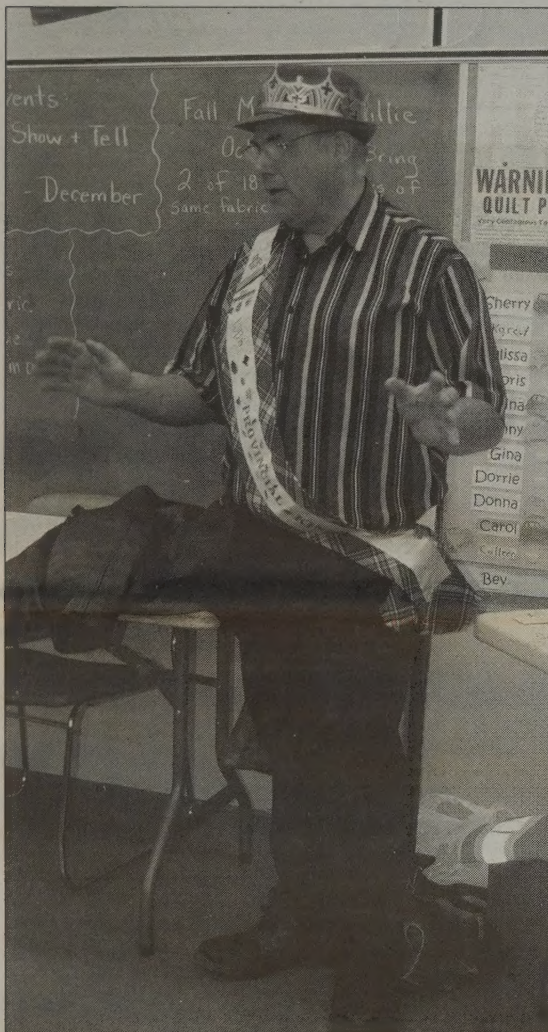
As a man in a predominantly women's group, "I was the only rooster in the henhouse. There are a couple of roosters now. Don't let the women intimidate you," he advised the men in the audience.

Area captain Sherry Smith, who covers 11 chapters, told the group that the NutriSystem weight loss program started in 1972, Weight Watchers in 1963, and TOPS in 1948, long before the others. "Is there counseling? Absolutely. We're everyday people, but our information comes from experts. There are a lot of stress issues dealt with in our program." She added that inter-

action between the members is "a key component, a personal touch." Keeping weight off is also part of the program, and "when we reach our goals, we don't say goodbye." There are no wrong or right foods, with moderation being the key, and "the scale provides accountability. You need to face the scale every week. A side effect of the program is that your clothes get baggy, and it's easier to get out of chairs"

Elk Point chapter leader Bev Smith was pleased with the good attendance, including a number of guests, and "would love to see you all next week."

The chapter meets Tuesdays at Elk Point Further Education, with weigh-in at 5:15, and a 45-minute program to follow.



Slimmer from crown to toe

Alberta's TOPS weight loss king Ken Ralstin told his Elk Point audience that weight loss "is like undressing" and said even his feet and fingers are smaller since he lost 82.5 pounds.

The Community Lions of Elk Point would like to thank the following businesses for their contributions for our "Dinner for Diamonds & Ladies Night Out".

THE EVENING WAS A GREAT SUCCESS AND A WONDERFUL TIME WAS HAD BY ALL.

Elk Point Community Lions * CNRL * Northern Lights Library system * 1st Choice Laundry & Hometown Grocers * ALP Holdings * B&R Eckels Transport * Bearing Oilfield Services * Don Anderson Trucking * Dr. Oyeboode * E-Can Oilfield Services * Elk Point Burger Bar * Elk Point co-op * Elk Point Insurance * Empress Family Restaurant * Granny Dawn's * Hahn Welding * JPD Enterprises * Kelly's Closet * Kid's Oilfield Services * Knotty's Boys * Kuhn's Collectibles * Magic Pizza * Northbound 41 * Rem's Welding * Toronto Dominion Bank * Weatherford Canada * Wilter Auto & Industries * Wozniak Bulk Fuel * Crack Master Scorpion * Husky Gas Station * Play 2 Learn Daycare * Shamrock Valley Enterprises * Quinn's Tattoo Shop * Elk Point choir Society * Tryle Electrical * Footcare by Theresa * Twin Butte * Coldwell Banker * Cheryl's Cleaning Services * Elk Point Realty * August Assets * Flexability Massage & Therapy * Frog Lake Oilfield Services * Jonny's Electrical * KBana Travel * Kudu Industries * Mom's Cream & Sugar Cafe * Rona & The Source by Circuit City * Service Credit Union * Signature Collision & Frame * Superior Propane * Wanda Lynn's Body Shoppe * Warawa & Associates * Shotz Liquor Store * Arc Auto Wash & Pet Spa * Apple Drugs * Crystal Clean * Heart, Health & Home * Arbonne Beauty Products * Quality Time Tours

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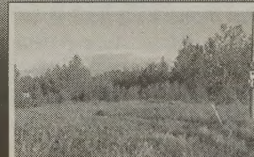
Investment Opportunity

Prime Building Site - C1 commercial. Located just off hi-way 41 and is available for immediate construction. Combined frontage is 100'. Great opportunity to build a revenue generating property. MLS 0019451856 **\$42,000**



Sun Country - Affordable

Seller is motivated. This 12' x 44' mobile home is located in Sun Country trailer park on Sec 881. MLS MCS-25-SUN-COUNTRY **\$13,500**



Build Your Dream Home

The only thing between this 1/2 acre parcel and the beach is an access road and a lot that is presently a green area. **\$34,995** MLS 0012328290



Residential Lot

This lot is located in the northern section of Elk Point, serviced, and ready for immediate possession. Interested in a new home...this is a perfect location for you. **\$42,000** MLS 0011114212



Great Price

Acreage between Elk Point & St. Paul. The property has a mobile home with an addition. The home has propane and wood heat and the power is provided by solar panels and a 4000 watt sine wave power inverter. **\$88,000** MLS 0033860230



Well Planned Home

Moving to Elk Point or just upgrading? This is the house for you. Affordable six bedroom family home featuring a U shaped kitchen with separate dining area and large living room. **\$219,000** MLS 0012037917



Big on Livability

Upgraded 3 bedroom home on Circle Drive. The property features new maple hardwood flooring in the dining room, living room and hallway with marble tile in the kitchen. **\$244,900** MLS 0010979342



Waterfront - Year Round or Recreational

Escape from it all. This 1090 sq ft home is located on waterfront property on the south side of Muriel Lake. The open concept allows for a beautiful view of the lake from any room in the living area. **\$249,500** MLS 0010913333



Creatively Designed

You will love this unique design custom built home. The home features four bedrooms, den, spacious kitchen/dining area and large living room. **\$259,000** MLS 0011100253



Large Family Home - Fenced Yard

Spacious home on Centennial Drive in Elk Point. The home offers a large kitchen with breakfast counter island and adjoining dining room. Don't miss this opportunity to get your dream home. **\$344,000** MLS 0031779903



Great Location

This property is located at the intersection of two very busy secondary highways in North Eastern Alberta. It is presently leased as a gas bar and convenience store. **\$349,000** MLS 0010878262



Absolutely Charming

This property, situated in a park like setting overlooks the beautiful Armistice Lake Valley. The 1832 sq ft, one and a half storey home features many upgrades, large front and back decks, upgraded windows, hardwood floors and more. **\$395,000** MLS 0023701584

Employment Workshops

November 10

Marketing Yourself 9:30 a.m. - 12 p.m.

Understand the importance of promoting yourself and learn about tools to help you tap into the hidden job market.

November 15

Interview Skills 9 a.m. - 11 a.m.

Get ready to make the best first impression and practice your interview skills.

Barriers to Work 1:30 p.m. - 4 p.m.

Increase your ability to identify, prioritize and take appropriate action towards eliminating or better managing your barriers.

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EDITORIAL

Poppies a strong symbol

The scarlet poppies that added a vivid touch of life to the blood-soaked battlefields of France and Belgium during World War I have been immortalized a symbol of remembrance ever since those tragic days.

One such poppy, picked by a 17-year-old soldier amid the chaos of a 1916 battle and mailed home to his family in England, has been preserved throughout the years and was recently donated to the Royal British Legion, which will display the priceless souvenir proudly this year.

That's something to think about, as we pin those scarlet replicas to our lapels and listen to John McCrae's timeless words: "In Flanders fields, the poppies blow..."

WAY BACK WHEN...

Boundaries, business and 'big money'

HERE'S THE NEWS THAT MADE THE HEADLINES OF THE LAKELAND REVIEW AND THE ELK POINT REVIEW FOR THE WEEK OF NOV. 8 IN...

1986

The Town of Elk Point presented a brief to the Federal Electoral Boundaries Commission asking that the town and surrounding townships be excluded from the new Beaver River riding, and instead would remain in the Vegreville riding. Not only was a drainage easement not obtained before the channel was cut across Buck's Construction's property earlier in the fall, no easement was obtained back in 1966 when the original drainage ditch was dug, town administrator Pat Vincent told council.

1991

The end of summer saw the completion of the children's playground at the Elk Point Recreational Park and two years of work on Mural Park. Supreme Honoured Royal Lady Judy Gillis was welcomed to Elk Point by Elk Point OORP's Honoured Royal Lady Mary Kryvenchuk.

1996

Elk Point was well represented at the St. Paul - Smoky Lake Business and Community Development Association's Small Business Showcase, with two of them, Linwood Arts and Pioneer Radio Control nominated for Entrepreneur of the Year, an award that went to Mulak's Transport of Waskatenau. Irene Magnusson, Iryne Buck, Irene Melin and Muriel Holthe, along with Barbara Milholland, Grace Pinder, Mickey Cinnamon and Verona Lea Flanders followed the old adage, 'Use it up, wear it out, make it do or do without' as they gathered each week to recycle castoff clothing into quilts to keep less fortunate individuals warm.

2001

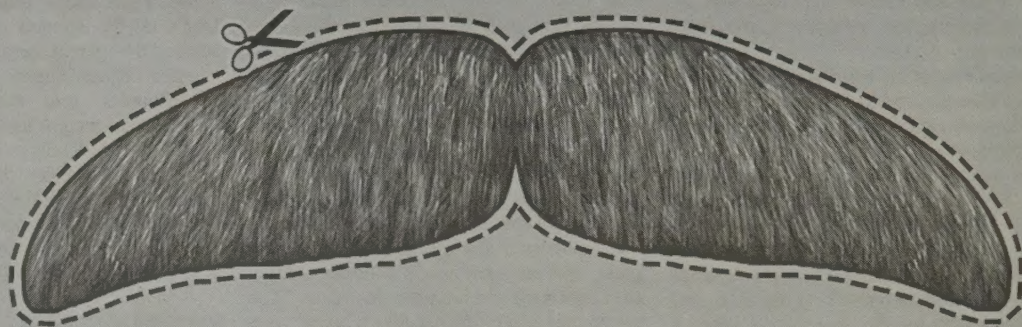
Frog Lake First Nations opened their beautiful new Chief Napewaw Comprehensive School, with Chief Raymond Quinney, Barrie Robb of Indian and Northern Affairs and Clarence Faithful, designer of the school, cutting the feather-decked ribbon. Rural input was needed for Alberta's Future Summit, but only two members of the public came out for the first of four information meetings.

2006

Provincial Progressive Conservative leadership candidate Ted Morton came to Elk Point to outline his plans to strengthen Alberta's future. Elk Point Allied Arts Society was getting ready "to raise big money," according to president Don Conrad, as the group embarked on a \$2.4 million renovation project turning the former Northern Lights Library System warehouse into a theatre and community cultural centre.

IT'S MOVEMBER!

IN ORDER TO AVOID ANY ISSUES WITH GENDER DISCRIMINATION, THIS PROSTHESIS WAS DESIGNED SO THAT WOMEN MAY ALSO PARTICIPATE IN RAISING AWARENESS FOR PROSTATE CANCER AND OTHER MEN'S HEALTH ISSUES.



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GUEST COLUMN

We remember

This coming Friday is November 11th and it is a special day to remember. On the 11th hour of the 11th day of the 11th month, Canadians are asked to pause in memory of the thousands of men and women who sacrificed their lives in military service. At public gatherings in Ottawa and around the country, Canadians pay tribute with two minutes of silence to the country's fallen soldiers from the First World War, the Second World War, the Korean War, the Afghanistan conflict and peacekeeping missions.

Two minutes before the armistice went into effect, at 10:58 a.m. on Nov. 11, 1918, Pte. George Lawrence Price was felled by a bullet. Price would become the final Commonwealth soldier - and the last of more than 66,000 Canadians - to be killed in the First World War. They died fighting at Vimy Ridge, Hill 70, Passchendaele and Ypres - battles remembered for atrocious conditions and Canadian valour. In Ypres, Canadian soldiers were exposed to German gas attacks, yet continued to fight, showing amazing tenacity and courage in the face of danger. About 650,000 Canadians and Newfoundlanders (the province then still a colony of Britain) had served during the war, beginning in 1914. The last Canadian veteran of the conflict - John Babcock - died in February 2010 at the age of 109.

Between the declaration of the Second World War in September 1939 and the conflict's end in 1945, Canadians fought in Dieppe, Normandy, the North Atlantic, Hong Kong, during the liberation of Italy, and in many other important air, sea and land campaigns. In total, more than one million men and women from Canada and Newfoundland served in the army, air force and navy. More than 47,000 did not come home. Canadian troops played a crucial role - and made a mighty sacrifice - in the 1944 D-Day invasion and the Battle of Normandy, a major turning point in the war's Atlantic campaign. More than 5,000 were killed in the land invasion in France. The Canadian Army

went on to play a significant part in the liberation of the Netherlands, which ended in 1945. The Dutch, having suffered through an extremely harsh winter, enthusiastically greeted the Canadians and forged a strong friendship between the two countries that lasts to this day.

Since the end of the Second World War, Canadians have taken part in dozens of United Nations peacekeeping missions around the globe, from Cyprus and Haiti to Bosnia and Somalia. Troops have seen active combat as well. In Korea, 26,791 Canadians served during a conflict that raged between 1950 and 1953. The battles of Hill 355 and Hill 187, among others, saw Canadians fighting in swamps and rice fields, through torrential rain and snow, in the air and at sea.

In 2003, Canada marked the 50th anniversary of the Korean War Armistice by unveiling the Monument to Canadian Fallen at Confederation Park in Ottawa. The words "We will never forget you brave sons of Canada" are inscribed at the base of the monument, which also contains the names of all Canadians who lost their lives in Korean War serve or subsequent Korean peacekeeping services.

Canada has steadily increased its military involvement in Afghanistan since the Taliban regime fell in 2001. By 2006, Canada had taken on a major role in the more dangerous southern part of the country as part of the NATO-led International Security Assistance Force (ISAF). The fighting grew fiercer, and the casualty count rose. By November 2010, 152 Canadian military personnel had died in the country. One Canadian diplomat, one journalist and two Canadian aid workers have also been killed.

Red poppies symbolize the memory of those who died and white poppies campaigns for non-military interventions in conflict situations. On November 11th special church services are organized. These often include the playing of "The Last Post", a reading of the fourth verse of the 'Ode of Remembrance' and two minutes of silence at 11 a.m. After the service, wreaths are laid at local war memorials.

In the town of Elk Point, we also hold a special service of remembrance. However, we begin at 10:30 where the wreaths are laid first outside in front of the cenotaph. Then we go into the Seniors' Centre where we observe the 11th hour format. At the end of the whole special service, a light lunch is served. This service is opened to anyone who is able to attend.



deanna
EASTHOPE

from the FCSS desk

The Elk Point Review publishes a variety of opinions as a contribution to debate on matters of public concern. Unsigned editorials express the view of this newspaper's editorial board which includes the Publisher and the Editor. Signed pieces express the view of the individual writer.

ELK POINT REVIEW

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Vicki Brooker
EDITOR



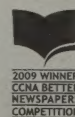
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Canada

Pioneer Circle news

By FAYE SMITH
Review Contributor

October 26 was Activity Afternoon at the Elk Point Seniors' Recreation Centre, with about 20 seniors in attendance. We played crib and shuffleboard starting at 1 p.m. Birthday cake and coffee was served, honouring all the seniors who had a birthday in October.

The next Activity Afternoon will be held on Nov. 16 at 1 p.m., with birthday cake and coffee served at approximately 2:15 p.m.

LETTER TO THE EDITOR

Our nation's truest heroes

November 3, 2011

We live in a country built on the values of generosity, democracy, human rights and the rule of law. We owe most, if not all of it, to the men and women in uniform both past and present. These men and women have given our country the greatest of sacrifices in the two great wars, in Korea, on peacekeeping missions and military operations in Afghanistan and Libya today.

As we mark Remembrance Day on November 11th may we reflect on the sacrifices of our nation's truest heroes, not only those that served in Passchendaele, Vimy Ridge, Normandy, Kapyong, or Kandahar, but also the sacrifices of their families and loved ones. These heroes have built Canada into the united, strong, and proud country that we know today.

While words cannot accurately express our deep gratitude to Canada's heroes, may this Remembrance Day show a small token of our appreciation to those who have proudly served our country around the world for so long.

I encourage everyone to attend a Remembrance Day ceremony in our community, wear a poppy or simply reach out and thank a Veteran during this important time of remembrance.

Lest we forget.

Brian Storseth, MP
Westlock - St. Paul



Happy
OCTOBER
Birthdays
Faye Smith photo

Celebrating October birthdays at the Pioneer Circle Activity Afternoon were, left to right: Cecile Johnson, Lil Buksa, Ray Wooldrige, Peggy Maas, Phyllis Zarowny and Jean Ference.

C.G. Baker Riding Arena

Executive and members

**WISH TO THANK
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Working Well Workshop Coming to Lac Bellevue Hall

Informative Water Well Management
Workshop will help residents protect their drinking water.

WORKING WELL

Clean water.
Well protected.

Lac Bellevue Hall - November 24, 2011 at 1 p.m. - Did you know a poorly maintained water well can put your water supply at risk? As a landowner, you're responsible for looking after the water wells on your property. If you are one of the 450,000 Albertans who use their water well for household purposes, the key to ensuring your water is safe and secure is understanding how groundwater works, learning about your well and knowing how to properly maintain it.

Proper water well siting, construction, maintenance and plugging will help protect your well from biofouling and contamination, save you costly repairs, and ensure your well water yields are sustained over many years.

Learn what you can do to protect your well at a **free Water Well Management Workshop** hosted by the County of St. Paul No. 19, and presented by the Working Well Program, with technical expertise from Alberta Agriculture and Rural Development, Alberta Environment, and Agriculture and Agri-Food Canada on **November 24, 2011 at Lac Bellevue Hall**. This hands-on, informative Workshop is designed to help well owners better understand and manage their precious water supply.

Sign up for our free Water Well Management Workshop today. Please pre-register - so we can help you look up the drilling report for your well - by calling the County of St. Paul No. 19 Office at 780-645-3006.

For more information or to register for this upcoming Workshop please contact:

Jeremy Robinson, Assistant Agricultural Fieldman

Phone: 780-645-3006

Mobile: 780-210-4283

Email: jrobinson@county.stpaul.ab.ca



Canadian Natural Thank You

From the CNRL Field - Corporate Matching Donation Program Committee

Since 2006, this committee made up of local CNRL employees has been fundraising for organizations that make a positive difference in our communities. Each dollar that is donated by a CNRL employee or contractor is matched by our company. To fully benefit from this program, our committee holds many fundraisers throughout the year with the largest being an annual Steak and Shrimp Dinner, Dance and Auction. For the sixth year, a sold-out audience enjoyed good food, entertainment and company and opened their pockets for the following recipients for 2011:

Bonnyville Victim Services Society

Camp St. Louis

Dr. Margaret Savage Crisis Centre Society

Haying in the 30's Cancer Support Society

KidSport Bonnyville

Mallaig Minor Hockey

Notre Dame Elementary School

THANK YOU to all employees, contractors, and service providers who attended and for your generous donations and to the following businesses who donated items or services. Because of you, our event was a success!

A1 Oilfield Services

Adele Dechaine

- Silpada Designs Jewelry

AHRD

Alfa Laval Inc.

All About You

Allan Markin

Amyotte and Sons Welding

B&R Eckel's Transport Ltd.

Baker Petrolite

Bearing Oilfield Services

Beauty Stop

Bob's Portables

Bob's Trenching

Bonnyville Dental Clinic

- Dr. Skuba

Bonnyville Liquor Store

BOS Oilfield Services

Bry-Tan Trucking Ltd.

Buds and Blooms

Bump Energy Services Ltd.

Can-Am Geomatics Corp.

Canwell Enviro-Industries Ltd.

CE Franklin Ltd.

Centennial Centre

Century 21 Poirier Real Estate

Champion Technologies Ltd.

CNRL - Bonnyville

CNRL - Wolf Lake

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Lions and Bengals already looking forward to next season

Mark Proskiw is 2011's league leading receiver

By JANICE HUSER
Review Contributor

Despite losing to the Holy Rosary Raiders in the semi-finals of the

Wheatland Football League playoffs just a few days prior, the St. Paul Lions football team was in good spirits at its last practice of

the season on Nov. 1.

On hand to speak about his outstanding season was Mark Proskiw, who is this year's league leading receiver. Proskiw joined the football club as a bantam Bengal and this year marked his sixth and last season playing football in St. Paul.

His statistics are impressive. In the regular season, which ran from Sept. 2 to Oct. 14, he had 32 receptions for 630 yards and seven touchdowns. Proskiw says he had an equally good season last year and wasn't supposed to be playing football this season after breaking his ankle in January while playing basketball.

"But, nothing's going to stop me," says the dedicated Grade 12 student, who attends F.G. Miller High School in Elk Point.

Proskiw has nothing but good things to say about the football club, and strongly encourages young athletes to "come play football . . . You become a better person."

And although winning is on the top of everyone's minds once the team is out on the field, "the coaches are great . . . they put school first," says Proskiw.

When the season began,

quarterback Brenden McKay didn't know exactly what role he'd play with the Lions in his first year with the team. McKay moved up from the Bengals' organization and was one of a handful of Grade 10 rookies on the team.

It was undecided who would lead the team as quarterback at the beginning of the season, but it became obvious as the season went on that McKay was the one for the job.

"My goal was to be in the top five for passing, and I got third" in the league, says McKay, who had 45 complete passes out of 108 attempts.

"Actually, I surprised myself on how well I did," admits McKay. With two more years of football ahead

of him, McKay hopes to get better as a player "and as a leader."

His early prediction on next year's season is that the Lions will again make the playoffs, and hopes to see the team go even further.

"I can't wait until next season," says McKay.

The St. Paul Lions will be losing only 11 Grade 12 players to graduation this year, says coach Todd Tanasichuk, so, "we have a good core coming back."

The coach says this was "a great group of boys" to coach and he's already looking forward to next year.

Bengals

The St. Paul Bengals also played its last game of the season in October. The young team went through the season without a win,

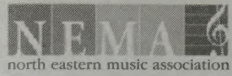
and the team's head coach is now looking to the future.

"This year was a rough year as we only had seven returning players who played the entire season," says coach Seth Henderson.

The Bengals also battled with injuries to one of its top players, Liam Krys, "which really limited what we can do on offence," says Henderson.

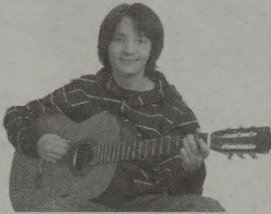
The coach is hopeful for next year. A number of first-year players "started to grow by leaps and bounds," near the end of the season, and the team will have a good foundation for next year, says the coach. A predicted 24 out of our 35 players will return to the field.

"The future looks good for Bengals football," says Henderson.



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UPCOMING AUCTIONS



- **Regular Livestock Sales** held every Tuesday starting at 10:30 am.
- **Thurs., Nov. 17** - Horse Sale 6:00 pm
- **Sat., Nov. 19** - Closing Out Sale for Westend Bingo Hall, St. Paul, 10:00 am
- **Thurs., Nov. 24** - Bred Cow Sale - 12 Noon. Already consigned dispersal of 80 Angus and Charolais cross cows, 30 red Angus bred heifers.
- **Thurs., Dec. 8** - Bred Cow Sale - 12 Noon.

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Janice Huser photo

League leader

League leading receiver Mark Proskiw is pictured running the ball in a home game last month.

On Remembrance Day ...



We recognize the many sacrifices made by our men and women in uniform both today and throughout our nation's history, we honor their courage and dedication, and we thank them for their contribution to our country.

Thank You, Veterans.



County of St. Paul No. 19

At your local library you'll find exactly what you're looking for - and some things that may surprise you.



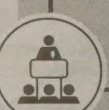
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Cards the first step toward Dec. 25

It was beginning to look a bit like Christmas at the Seniors' Recreation Centre on Saturday, as enthusiastic crafters produced stacks of handmade cards for family and friends...



Workshop hostess Daleen Pinder demonstrated each step required to make each of five styles of cards. Above, she shows participants how to emboss the front of their cards with a hand-cranked press.



Melanie Poulin and daughter Jorja Theriault made a great production team, efficiently producing a stack of 25 handmade Christmas cards during the session, and thoroughly enjoying the creative process.



DR. BAINS,

the new owner and operating dentist of Elk Point Dental Centre, would like to extend a hearty hello to all residents of the region.

We are certain that the Elk Point Dental Centre under his local and hands-on ownership will be able to service the needs of a community which deserves kind, gentle care in a friendly setting.

Dr. Bains is a born and raised Albertan who graduated with distinction from the University of Alberta Faculty of Medicine and Dentistry, and has been trained to perform the latest techniques in diagnostics and treatment.

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Elk Point's Remembrance Day observances will once again be held at the Elk Point Seniors' Recreation Centre, with the parade to the cenotaph forming up at the Seniors' Centre at 10:30 a.m. on Friday, Nov. 11. Following the wreath laying ceremony, the parade will lead the way back to the Centre for the tradition of 11 a.m. two minutes of silence, the playing of The Last Post and Reveille, and a short program.

A light lunch will follow, and everyone is welcome to attend.



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St. Paul Journal



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Remembrance Day

In Honour Who Served

November 11,
2011

World War I

APPLETON, William
ARNOTT, Eric
COOMBE, Leonard
EDWARDS, Arthur Edgar
HEFFERNAN, Gabriel J.
HOBDEN, Herbert
LAMBRIGHT, Lloyd
MCDONELL, Eugene
STANLEY, Vincent

World Wars I & II

APPLETON, Earnest
BLACKLOCK, Alec
MILLER, Fredrick G. (Dr.)

World War II

ABRAM, Malcom
ALLEN, Dan
ANDRISHAK, Fred
ANDRISHAK, Mike
ANDRISHAK, Peter
ANDRISHAK, Steve
APPLETON, William
ARNOLD, Alan
ARNOTT, George
ARNOLD, Grace
ARNOLD, Laurence
ARNOLD, Norman
ARNOLD, George

AVERY, Sydney
BARSTAD, Sam
BARTEE, Ned
BARTLING, Lloyd
BERG, Carl
BERKLAND, O.
BLACKLOCK, Gordon
BLACKLOCK, H.
BLACKLOCK, Roger
BOBER, Walter
BOTTING, Ernest
BOTTING, George
BOTTING, Laurence
BROWN, Edgar
BROWN, L.A.
BROWN, Ray
BUCK, Mike
BUKSA, Dmytro
BUKSA, Nestor
BULLIS, Earl
BURTON, R.W.
BUTNER, Don
CARDINAL, P.
CARPENTER, Harold
CASKEY, F.
CASKEY, J.
CASKEY, R.
CHARLTON, R.
CHUBEY, N.
COOMBE, Lyndelle
(Mrs. L. Womacks)
CROMWELL, Floyd
CROOK, Roy

COVEY, Howard
DACYK, Paul
DAVIS, Chester
DAVIS, Marshall
DESJARLAIS, Albert
DEMBICKI, Carl
DEMEYER, Roy
DEWEY, Bill
DIAMOND, Clem
DUNKIN, Frank
DUNKIN, Jack
DUTKA, Richard
EDWARDS, Edgar
ETHERINGTON, Wilf
EVANS, Eddy
EVANS, Eli
FARYNA, Raymond
FIDLER, Billy
FISH, Dr. Harvey
FITZSIMMONS, B.
FITZSIMMONS, Alan
FITZSIMMONS, Edward
FITZSIMMONS, Jimmy F
FITZSIMMONS, Russell
FITZSIMMONS, Tommy
FORD, Ed
FRASER, J. G
ARNEAU, Lawrence
GOCHKO, Bill
GOZJOLKO, John G
GRAY, R.D.
GROSSETH, Jentoft
GROSSETH, Leif
GULAYETS, Joe
GULAYETS, Peter L
GULAYETS, Paul

HAGGARD, Philip
HALL, Stein
HANNAFORD, Roger
HANNAFORD, W.H.
HANNAH, Earl
HARASYN, John
HELLQUIST, Ernie
HENDEL, Albin
HENDEL, Carl
HENDRICKSON, Lloyd
HOBDEN, Harold
HOBDEN, Marion
(Mrs. R. Quin)
HOLTHE, Sid
HOWE, Ivan
HOWORTH, N.J.
HURD, Lloyd
JENDRUCK, John
JENDRUCK, Walter, Sr.
JENSEN, Jack
JOHNSON, B.P.
JOHNSON, George
KADUTSKI, Mike
KADUTSKI, Peter
KADUTSKI, Nick
KALYNCHUK, Pete
KELLER, Charles
KELLER, Marge
KELLER, Josephine
KELLER, William
KEPKE, Earl
KEPKE, Rufus
KITIUK, Donald
KJENNER, Fritz
KRUCIK, Gerald
KRUCIK, Lillian
KRYVENCHUK, Fred
KUCILLE, Peter L
LAMBRIGHT, Dan

LAMBRIGHT, F.
LAMBRIGHT, Robert
LARKIN, R.M.
LARSON, George
LAWRENCE, Fred
LAUGHLIN, Calvin
LEAF, Willie
LEWIS, Jim
LINDQUIST, George
LINDQUIST, Philip
LORENSON, Bob
LUNGUL, Tom
MACEWAN, Lloyd
MALE, Sidney
MARFLEET, Chris
MAKSYMEC, Mike
MARKOWSKI, Mike
MARTIN, Fred
MARTIN, J.S.
MAXWELL, Fred
MCLENNAN, Tom
MELNYK, Alec
MELNYK, Dmetro
MERRICK, Fred
MILLAR, Frank
MILLER, K.C. (Dr.)
MONETA, Joe
MORRIS, Bill
MORRIS, Howard
MULLIGAN, J.
NELSON, Clarence
NELSON, Floyd
NELSON, Harvey
NELSON, June
(Mrs. S. Band)
PACHOLEK, Steve
PALINKA, Pete
PALYNCHUK, Peter
PANKIW, Steve



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of Those ... And Those ed Us Who Still Do

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PANKOW, Peter
PARENTEAU, Dan
PARENTEAU, George
PASMORE, Donald
PAYNE, W.A.
PEET, Hugo
PETROSKY, Paul
PICAY, John
POITRAS, Fred
PORCINA, Mary
PORCINA, L.V.
PORCINA, Steve
PRICE, Bud
PRILL, G.
PRINGLE, Alan
QUIN, Maurice
QUIN, Robert
RAINBOTH, Les
RAMSBOTTOM, Vic, Sr.
RIEMER, Ralph
ROSS, Dr. A.
ROSS, Percy
ROSS, Stanley
RUSHFELDT, Elmer
RUTHERFORD, Alec
RUZYCKI, Peter
SAND, Gordon
SCOTT, Vic
SCOTT, Wes
SHAREK, Marshall
SHEPHERD, Tom
SHEPLAWY, Lloyd
SMEREKA, Wm.
SOLDAN, Sam
STANLEY, Floyd
STANLEY, Norman
STANLEY, Ross
STAPA, George

STAPA, John
SETPANIUK, Mike
STETSKO, W.
SWANSON, Ernest
TIGER, Des
TIGER, Henrich
TITLEY, R.J.
TOMKOW, Clem
TOMKOW, Mike
TRAVER, Gordon
UCHMAN, Stan
VALENTINE, Stuart
VAN ARNAM, (Bud) F.E.
VAN ARNAM, George
VAN NATTER, Alice V
AN NATTER, E.
VAN NATTER P.
VAN NATTER, V.
VICARIK, Bill
VICARIK, Dan
VOGEL C.
WARREN, Newton
WEEKES, C.A.
WEIR, C.W.
WENZEL, William
WILLMER, Albert
WILLMER, Norman
WINDIUK, Walter
WIRSTA, Dan
WIRSTA, W.
WOLFE, John
WOMACKS, Ben
WOMACKS, Lyle
YACEYKO, Paul
YACEYKO, Peter
YAKIMOVICH, Steve
YAKIMOVICH, Pete
YARMUCH, Dan
YOUNG, Norman, Jr.

ZALASKA, Nick
ZAROWNY, Anton
ZAROWNY, Louis
ZAROWNY, Wm.
ZAZULAK, Andrew

Korean War

HENDRICKSON,
Harold
PAQUETTE, Bill
RUSSELL, Bill
RUSSELL, Genevieve
(Red Cross)

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POINT ROYAL CANADIAN LEGION

Peacetime Service

AARBO, Murray
BELL, Don
BROWN, Hedley
HOVDESTAD, Bruce
MACLELLAN, James
MCPHERSON, Doug
PAQUETTE, Gerald
SHEPLAWY, Zane
THIR, Joe
WHITE, Jack
DUROCHER, Marcel

Fishing Lake Veterans

WWI:
DANIELS, Bill
GOODWIN, Tom
LETENTRE, William
PATENAUDE, Alphonse
WELLS, Charles, Sr.

WWII:
CALLIOUX, Dave
CARDINAL, Gabe
CARDINAL, John
CARDINAL, Sam
DAIGNEALT, Charles
DANIELS, Tom
DANIELS, Richard
DESJARLAIS, Ervin
DUMONT, Louis
FLAMOND, William
FLURRY, Alex
MCGILLIS, Philip
NORWEST, Louis
POITRAS, Lloyd
POITRAS, Richard
PRICE, Joe
PRICE, L.F.
WELLS, Charles
WELLS, Frank

Frog Lake Veterans

HORSE, Peter
PEYACHEW, Bill
QUINNEY, John
QUINNEY, Lawrence
QUINNEY, Norman, Sr.
STANLEY, Angus

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Outrider Truckstop



The Atom B Avalanche attempt to score on the visiting St. Paul Canadiens was deflected by their vigilant goalie.

Re-tiering coming up for Atoms

By DOUG BASSETT
Review Sports

Thankfully the suffering is almost over. The league will be re-tiered after this past weekend, but the **Atom Avalanche Tier #1** team was in for another tough day when Provost came to town on Saturday. Early in the game it looked promising when Hayden "Hot Wheels" Ludlage scored after being set up by Conner "Coast to Coast" Lychak, the game tied at one goal each at this point, but everything slid downhill for the Avalanche from that point on and it was impossible to stop the bleeding, but acrobatic goaltender Colton "Colt 45" Van Maarion who was in the net for this one did his best, facing 51 shots total.

On Sunday the Atom Tier # 1 traveled to St. Paul

to face off against the Canadiens and had a much closer game, in fact the kids actually had some fun. Dustyn Pankiw with two goals, Dylan "the Destroyer" Ference blasting a torpedo into the webbing. Connor "Coast to Coast" Lychak and Devon "Naz" Nazarchuk with the assists. The Canadiens have also been blown out in their first few games and most likely will be re-tiered as well, so if that's the case, these guys will meet again.

Back at the barn on 51 Street, in the second game on Saturday, the **Atom B** team took to the ice facing St. Paul's Tier # 3 team, "Sam I Am" Henderson with four goals, his sister Paige assisting on one of them, and a new first time player Chase Dorey setting him up with two. It's not the size of the dog that matters, it's the size of the bite, and little Tammy "Ram Rod" Roberts, is living proof of that, big or small, she was rolling over them all, anything in her path to get the puck and get to the net was bulldozed over, "Ram Rod" scoring a goal as well. Of course she also took a couple of trips to the sin bin, which was I think was generous by the referees, they could have gave her one or two more.

(Continued on Page 11)



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Influenza Immunization is now available, free of charge, for all Albertans 6 months of age and older.

Upcoming Clinic		
Date/Time	Location	
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Please bring Alberta Health Care Card. Short sleeves recommended.

For more info, including local clinic details, visit www.albertahealthservices.ca or call HealthLink Alberta at 1.866.408.5465 (LINK).

Check out the
Jr. B Canadiens
on Page 12

ELK POINT OILMEN'S BIG BUCK CONTEST

Saturday, December 31, 2011

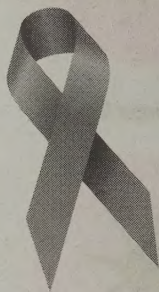
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More minor hockey highlights

(Continued from Page 10)

Late in the game Parker Allen poked the puck free and head down the ice on a break away from the red line and with two St. Paul players on his tail chasing him down; he went five-hole to bury one. Eros Cueva coming up with an assist. Fast and fearless forechecking by Brandon "Bart man" Schaap, he's not a big player either by any means, but he plays big and he works hard, and even though he's not on the score sheet in this one, he was a force that should have been rewarded for his efforts. Goaltender Erin Duffee in the net stood her ground. Some new faces in the lineup this year, Adana Pinder, who already skates really well, she can stop and can turn on a dime, Avery Turner looking like she has potential on the blue line, and some aggressive fore checking by Zachary Tchir and Tyler Jamieson, they are also first-time players but showing improvement from the first day they laced up at training camp.

If he had a buck for every puck that he stopped he would be a rich man. Poor old "Michelin Man" Parker Allen has seen lots of rubber this year already; once again this past Sunday, another 54 shots on net, but he stopped a great number of them, tough shots too! The Atom B team was peppered by Cold Lake, Sunday morning at home. "Sam I Am" Henderson scoring for the Avalanche assisted by sister Paige, and then Paige scoring assisted by Sam. Not afraid to take things into her own hands and carry the puck, Fawn Ockerman, who was playing on defense, took the puck out of her end down across the line and shot on net a number of times.

Meanwhile over in Mannville on Saturday the Micro Novice and the novice played back to back games. The micro novices were on the ice first, and had some other firsts, like first time goals ever for Lenea Peebles, Cade Fontaine, Gavin Kadutski, and Ryley Warawa. Two goals for veteran Sam "Spiderman" Rogal and another vet Cash "CC" Capjack, a hat trick each for Jager Fontaine and "King Kong Konner" Poitras.

As for the Novice Avalanche, they cashed in with a big win in Mannville. "Lightning Liam" Ludlage lighting it up with a hat trick and three assists, speedster Jaden Van Maaron with a hat trick and two assists, Luke "Skywalker" Poulin with two

goals and assists on four others, Alex Duffee with two goals and an assist, Jace Stafford found the twine with one and assisted on one, Slader Hardcastle, Odin Smith and Kaden "Sniper" Allen with one goal each, Jenna "Precious" Poitras and "Danny Boy" Cardinal on the score sheet assisting on the goals and Ronan "Radar" Poulin. Head coach Kevin Hardcastle was pleased with the great effort by the first year rookie line of Odin Smith and his angel wingers Jaden Capjack and Avery Warawa, they worked extremely hard and also by his defensive core, Evan Ockerman, Brandon Goertzen, Alex Duffee, Jace Stafford and Kaden Allen.

The Pee wee Avalanche were batting .500 on the weekend, losing a close one 9 to 6 on Saturday in Lloydminster, and then winning big time at home on Sunday over Hillmond. Ross "Rosey" McGillivray and Brodin "the Bull" Ference with two goals each against the Blazers, Taylor Pankiw and Brody "The Big O" Odgaard with singles, Austin "Ozzie" Stafford setting up three, Nicholas Tucker, Lyon Cueva and Alex Hunter adding assists.

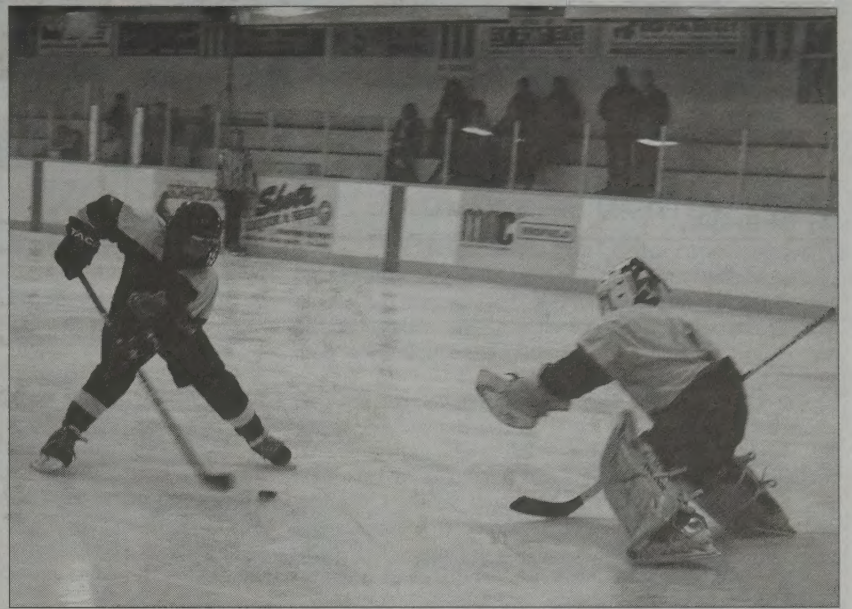
Sunday's game started out slow, the score 3-2 after 20 minutes, but the Avalanche opened up the throttle after that and there was no looking back, full steam ahead for Brodin "the Bull" Ference with six goals, his line mate, the slick stick handler Alex Hunter, with five, "the Big O" with a couple, "Rosey" and Tim Bushy adding one each. Chad "Pick Pocket" Poitras on the board setting up the Bull, and the newest player to the team, a rugged defenseman named Justice Wilgus with an assist some solid hits.

I never mentioned it before because I don't want to jinx them, but what's up with the Oilers and the Leafs, are they for real or is the bubble about to burst?

A big happy birthday going out today to the ultimate hockey mom Melissa Rogal who has three boys on three different teams, but she loves it, I can tell and I would too!

And now for the K.A. Campbell quote of the week: "Your Honor, I was simply taking the Cup back to Montreal where it belongs." Last week's answer to: "Study the great ones" - Hockey scout Aldo Guidolin.

Do you have a sports scoop? Please email them to sportshound007@hotmail.com



Vicki Brooker photos

Hillmond's goalie comes far out of the net to stavve off another Avalanche goal in the high-scoring second period at Sunday afternoon's Pee wee game.

IN MEMORIAM

MAAS, Dennis

In loving memory of a dear husband, son, father, grandfather, brother and uncle who passed away November 8, 2002.

God saw you getting tired and a cure was not to be.

So he put his arms around you and whispered come with me.

With tearful eyes we watched, and saw you pass away.

Although we loved you dearly, we could not ask you to stay.

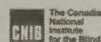
A golden heart stopped beating, hard working hands at rest.

God broke our hearts to prove to us, he only takes the best.

Loved and sadly missed by Brenda and all his family.

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Ed and Patsy Zarowny

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Rebuilding year has coaches, players optimistic

By TIM BANMAN

Review Contributor

The St. Paul Junior B Canadiens hit the ice skating hard this weekend with a game in Cold Lake against the league-leading Ice on Friday and against the second ranked Lloydminster Bandits at home on Saturday, but lost both matches.

Canadiens fared best against the Bandits, but not well enough for the win and lost 5-2. The Bandits got on the board early on a power play and followed it up less than 90 seconds later with a second. The Bandits scored the next two in the second, followed by a goal for the Canadiens courtesy of team leading goal scorer Brandon Cantre, assisted by Jelani Whitstone and Skyler Giroux.

With 52 shots against, goalie Todd Pooke had a save per-

centage of 90 and came up big to keep the Canadiens in the game. At 4-2 going into the final minute, the Canadiens pulled Pooke for the man advantage, but the Bandits scored on the empty net for the 5-2 win.

St. Paul's Pierre Beaudoin scored twice for the Bandits for his eighth of the season.

Calling the first period a little "sloppy," assistant captain Justin Dubeau said the team needs to improve on its full 60-minute game.

"We're still finding what works for us," he said, noting the lines have changed game to game due to injuries. "We've still got to work hard no matter what. That's what we're here to do."

At both the end of the second and the third, fights broke out. Three 10-minute misconducts went to the Canadiens

and two to the Bandits at the end of the second.

"It's going to take time, but I know by the end of the year we'll be ready," Dubeau added. "I think we could show a little more heart. We know we're not the biggest. We know that if our passing is on we can get around guys."

While the team has lots to work on, it will end up in the top five by the end of the season, predicted the top ranking point producer, Giroux, who has two goals and four assists this season. "We have a lot of talent on the team."

Eight Canadiens missed the game, with six missing due to injuries and two for work, said head coach Tony Meger. With three defensemen missing, three forwards played on the back end for the first time on Saturday. Meger said he's found the line combinations he would like to use, but "as soon as you lose that many guys, you're juggling (lines)."

"A lot of musical chairs going on out there right now."

Saturday's starting line included Dubeau, Funk and Whitstone on the front end, a new line.

Both Meger and assistant coach Pierre deMoissac, who has a long history with the Canadiens, are optimistic for the Canadiens prospects this season. While concerned that the team isn't getting the points it would like, the team has shown improvement, said Meger.

On Friday, Canadiens' goalie Paul Boulianne took an injury in Cold Lake after shutting out the Ice for the first 20 minutes. Going into the second Pooke defended the net. The undefeated Ice ramped up the effort, getting in seven in the second, with the Canadiens' Dough Morin scoring the sole goal for the Canadiens. In the third, the Ice scored twice for the 9-1 finish.

Elk Point's John Schmitt scored one for the Ice while St. Paul's Sean Joly made two assists.

The heavily penalized match saw nine 10-minute misconducts in the third, four for the Canadiens, after fights. The Ice took 22 infractions for 92 penalty minutes, with the Canadiens at 15 for 62 minutes, in the game.

Warriors

The Saddle Lake Junior B Warriors had a rough ride in its single weekend game in Killam on Friday with an 18-1 loss. Cole Steinhauer scored the goal with an assist from Patrick Gladue. Despite the loss, goalie Matt Johnson stopped 71 of 89 shots against for a save percentage of 80, according to game stats.

Schedule

Nov. 11, 8 p.m. - Warriors vs Titans in Saddle Lake

Nov. 12, 7 p.m. - Canadiens vs Warriors in St. Paul

Nov. 13, 6 p.m. - Canadiens vs Warriors in Saddle Lake (Canadiens' fans are welcome to ride the bus with the team to away games for \$15. The bus has room for up to 15 fans. For details and departure times, call Marie at 614-5946.)



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Fluid Haul
Previous fluid hauling
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3010. Auctions

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DYNASTY FARMS INC. 17 quarters sections plus 2 yard sites sell by public auction on Tuesday, November 15 at Yorkton, Sask. 1-800-667-2075; www.hodginsauctioneers.com.

RITCHIE BROS. UNRESERVED Real Estate Auction - Spring Willow Park - Phase II, near Leduc, Alberta. 56 +/- acres approved, but undeveloped residential property. Selling in the Edmonton Public Auction, December 7 - 8, 2011. Visit: rbaction.com; 1-800-491-4494.

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5800. Manuf. Homes - Sale

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We have a well defined plan to significantly grow our business over the next decade consistent with our Mission Statement, "To develop people to work together to create value for the company's shareholders by doing it right with fun and integrity."

We currently have opportunities for Plant Production Operators and Field Production Operators working in our Bonnyville Heavy Oil Area:

Plant Operator – Heavy Oil (Position: #2011-374)

The ideal candidate will have a minimum of 1 - 3 years experience in oilfield operations, along with a general knowledge of oil cleaning facilities and water injection systems. In addition, you will have a Grade 12 education or equivalent, hold a valid Class 5 Operator's License and an excellent safety record and are willing to work night shifts on a 12 hour shift rotation. Solid computer skills are necessary. You will have strong communication, organizational and team skills complemented with a strong work ethic. You are highly motivated, self managed, have the ability to handle new tasks or assignments and get things done right the first time.

Reporting to the area Foreman, the responsibilities of the Plant Operators include, but are not limited to, the following:

- Display thorough knowledge of corporate safety policies and goals
- Work a 7 day, 7 off, 7 night schedule;
- Start up and shut down of all plant equipment without supervision by employing the company safety procedures;
- Troubleshoot equipment problems and perform minor repairs and servicing;
- Able to monitor and implement cost reduction ideas;
- Optimize plant capacity in a safe and efficient manner;
- Required to maintain all regulatory courses;
- Foster a positive and productive work atmosphere.

Field Operator – Heavy Oil (Position: #2011-376)

The ideal candidate will have a minimum of 1 - 3 years experience in oilfield operations, along with a general knowledge of well site production equipment. In addition, you will have a Grade 12 education or equivalent, hold a valid Class 5 Operator's License and an excellent safety record and are willing to work on a 10 hour shift rotation. Solid computer skills are necessary. You will have strong communication, organizational and team skills complemented with a strong work ethic. You are highly motivated, self managed, have the ability to handle new tasks or assignments and get things done right the first time.

Reporting to the area Foreman, the responsibilities of the Field Operators include, but are not limited to, the following:

- Display thorough knowledge of corporate safety policies and goals
- Work a 8 day, 6 off schedule;
- Start up and shut down of all well site equipment without supervision by employing the company safety procedures;
- Ability to analyze production / cost data and make appropriate decisions or recommendations;
- Troubleshoot equipment problems and perform minor repairs and servicing;
- Able to monitor and implement cost-reduction ideas;
- Required to maintain all regulatory courses;
- Foster a positive and productive work atmosphere.

Applicants are to apply through Canadian Natural's website at www.cnrl.com by November 30, 2011.

We thank all applicants for submitting their resume; however, only those candidates selected for an interview will be contacted.

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1005. Help Wanted

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9005. Personals

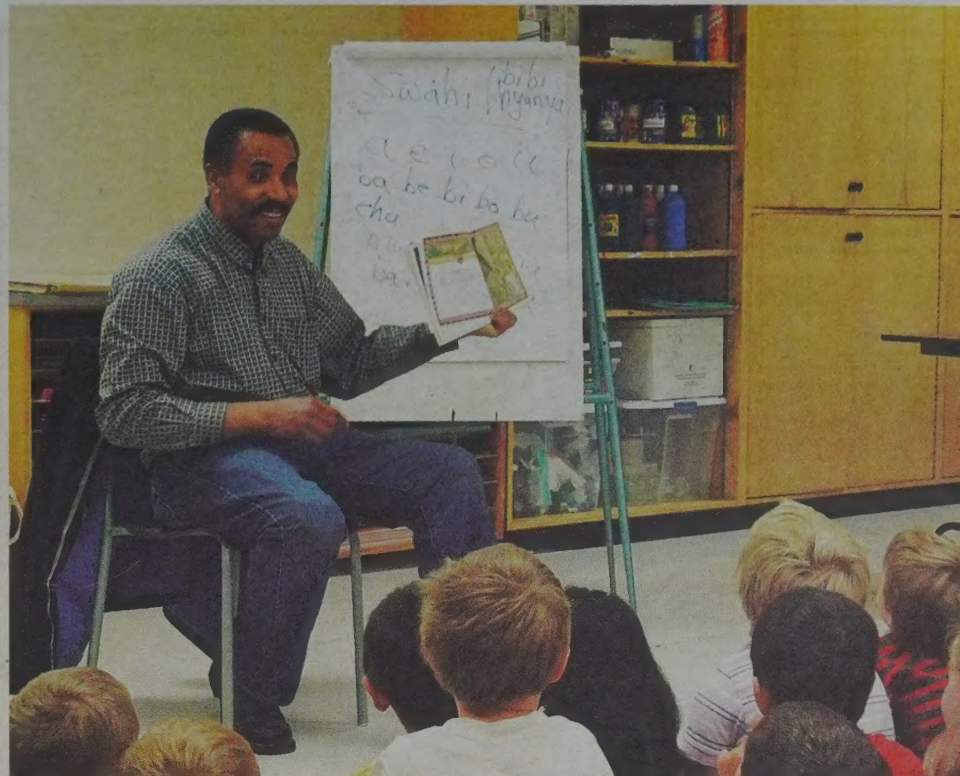
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1005. Help Wanted



'Sturgery' for a serious problem

By KEN CRUTCHFIELD.
Review Contributor

Owen Watkins is skilled at deftly sewing radio transmitters into lake sturgeon, one of Alberta's most ancient fish. The University of Alberta master's student jokingly calls it 'sturgery', but word-play aside, his research project is addressing a serious problem.

7999. Too Late To Classify 7999. Too Late To Classify



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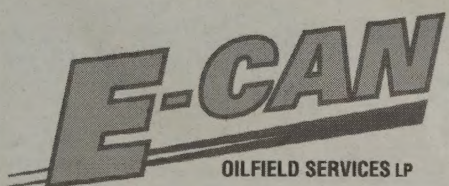
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Author visits schools

On October 11, author Tololwa Molle came to Elk Point Elementary School in the morning for a visit with ECS - Grades 2 and later went to F. G. Miller High School in the afternoon to speak to Grades 7-9.

Diane Dewan photo

The lake sturgeon, classified as an endangered species in Canada, has been in existence for 200 million years, but their numbers are dangerously low—about 1,700 fish—in Alberta's North Saskatchewan River. Watkins, a master's student in the University of Alberta Department of Renewable Resources, is working in collaboration with Alberta Sustainable Resource Development (ASRD) to find out why the population is low, and what can be done to manage the situation.

"Right now five per cent of those 1,700 fish are mature, and if we assume a population of 50/50 male to female, in any given year, there are only about eight female fish that are spawning," said Watkins, who also works as a woodlands area fisheries biologist with ASRD. Female fish can take upwards of 25 years to mature and can live up to 154 years. The overall sturgeon population should be showing a wide age variety in the river, but the oldest sturgeon his research team has been able to find is 64.

"There is a possibility of losing the species completely," Watkins believes.

Popular with sport fishermen, the sturgeon historically was commercially harvested and shipped to Europe as a food source, and today, could be an indicator of river health, Watkins said.

Spanning 500 kilometres of the river between Drayton Valley in west-central Alberta and the Onion Lake bridge on the Saskatchewan border, Watkins' study is testing three theories on the population: first, that the fish population is now slowly recovering from low oxygen levels that existed

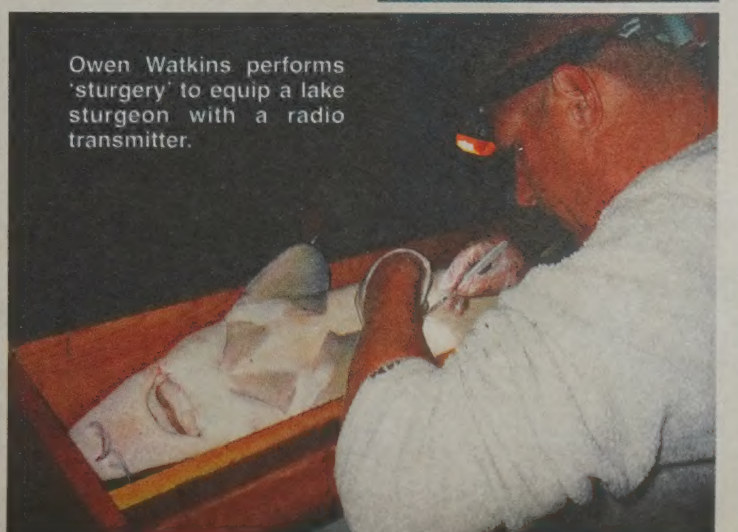
prior to the 1960s before Edmonton began treating its sewage; second, that the fish use the river only seasonally to spawn, forage and then leave; and third, the possibility that the population is being overfished, even with a catch-and-release regulation, there is an associated mortality factor.

By implanting transmitters, tagging, measuring and collecting age data on the fish, the researchers are tracking their habitat movements, deriving population estimates and collecting other data to get a snapshot of what the sturgeon population has been doing for the past 20 years.

The team's final findings will be presented to the provincial government to help guide a recovery plan and help manage the North Saskatchewan River not just for sturgeon, but for the benefit of other river fish. Watkins' research is funded through Alberta Sustainable Resource Development and through Environment Canada's Habitat Stewardship Program.



Wilson releases the radio-equipped sturgeon.



Owen Watkins performs 'sturgery' to equip a lake sturgeon with a radio transmitter.



your local *fresh* market



**Standing Rib
Oven Roast**
Cut From Canada AA Beef
14 Days Aged
Warehouse Pack

WOW!

4⁹⁹
/lb
11⁰⁰/kg

**Super
Sweet**



**Mandarin
Oranges**
Seedless
Imported

Easy Peel

99¢
/lb
2¹⁸/kg



**Campbell's Chunky Soup
or Chili**
540 mL Ready to Serve or 425 g

WOW!

4/6⁰⁰



**Canadian Harvest
Bread**
450 g

Fresh Baked

1⁹⁹
each



General Mills Cheerios
Selected Varieties
345 - 500 g

Healthy Start

2/6⁹⁸



**CO-OP GOLD
Orange Juice**
2.63 L

WOW!

3⁹⁹
each

**Price
Drop**

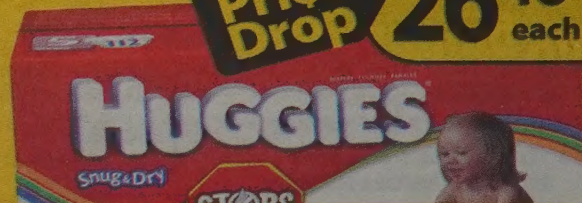
**On Baby
Essentials!**

November 4 - December 1

Selected Varieties
78 - 132's

**Price
Drop**

26⁴⁸
each



NOVEMBER

TUE 08 WED 09 THU 10

Pricing in effect until Thursday, November 10, 2011 at

ST. PAUL & DISTRICT CO-OP - BOTH LOCATIONS

ST. PAUL MARKETPLACE OPEN: Mon. to Fri. 9 a.m. to 9 p.m.; Sat. 9 a.m. to 6 p.m.; Sun. 10 a.m. - 5 p.m.
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